



THE

BSEVER

July 2004

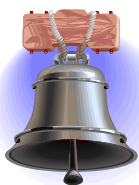
ISSUE NO. 120

YORKTOWN—The Senior Center of York has scheduled a variety of educational and entertaining programs during July. Participation is open to seniors age 55 or better and their spouses, regardless of age. Reservations are required, and are on a first-come, first served

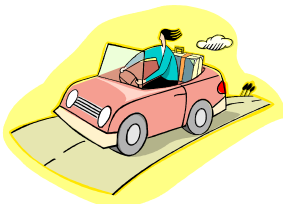


basis. To register, please come by the Center or call at 898-3807. The Center is open Monday – Friday, from 9:00 AM to 4:30 PM. The Center is closed during all County Holidays. The Center is located at 5314 George Washington Memorial Highway (Rt. 17), Washington Square Shopping Center.

A **Celebrate Independence Party** will be held at the Center on Friday, July 2 from 11:00 AM to 2:00 PM. Hot dogs, hamburgers, punch and more will be provided at the Center. Participants are encouraged to bring a dessert or salad to share with others. Registration closed June 28th. Please call the Center to see if there are any available spaces.



AARP Driver Safety Program – Monday, July 19 from 12:45 – 4:45 PM and Tuesday, July 20 from 12:30 – 4:30 PM. Designed for drivers age 50 or over. Drivers age 55 or over must attend both classes to receive



state mandated three-year automobile insurance reduction. Many insurance companies are giving insurance reduction to drivers age 50 & over with the same attendance requirements. Those less than age 55 should check with their insurance company to see if they are entitled to three-year insurance reduction. The cost of the program is \$10.00 and must be paid at time of registration by check (made out to AARP) in person at the Senior Center or by mail. There is no “behind the wheel” driving performed in this program. AARP membership is not required for registration. Class enrollment is limited to 25.

Cultural Day – Wednesday, July 21 from 1:00 to 2:00 PM. Connie Ralston-Roberts returns to present another World Rhythm Workshop...an interactive musical experience that everyone really enjoyed last August. Reservations requested by July 19.



Thank You! The Senior Citizens' 9th Annual Spring Prom held June 5th at York High School was a wonderful night for the seniors of York County. “A Big Thank You” for a job well done goes to all those who worked so hard and helped to make this occasion a big success. Special “Thanks” goes to the people that made the beautiful decorations we all enjoyed: Barbara Wood, Norma Saunders, Ruth Kohut, Jeanne McAllister, Jo Conese, Regina Welch and Ruby Devereaux all gave so much of their time and effort to make this event one to remember.



Health Day – Wednesday, July 28, 12:30 p.m. Stephanie Smith, Community Relations Coordinator-with Morningside Assisted Living will discuss assisted living options and a new program where they will assist veterans in getting VA benefits for assisted living. Few people are aware of this benefit. Stacy Ward, from At Home Care will talk about Medicare procedures relative to entering assisted living and acquiring home health services. Participants should register by July 26.

Computer Classes and General Computer Use - The computers are available for general use Monday through Friday, from 9:30 AM to 3:30 PM unless the lab is reserved for programmed activities. To use the computers you must sign in at the front desk of the Center. **Formal computer classes** at the Senior Center of York will not be conducted during July and August. Classes will start again in September.



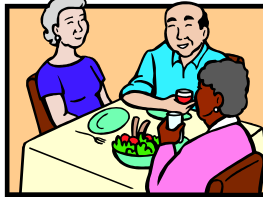
SENIOR CITIZEN CENTER OF YORK

SENIOR CENTER OF YORK

The Senior Center of York is located in Washington Square Shopping Center, 5314 George Washington Highway, Grafton. Participation is open to all seniors age 55 or better and their spouses, regardless of age. Center 898-3807
<http://www.yorkcounty.gov/comser/srcenter/center.htm>.

Beginning Body Recall Classes – Classes normally meet Monday, Wednesday and Friday. Class sessions are tentatively scheduled for: Session 1 at 8:45 AM, Session 2 at 10:00 AM, and Session 3 at 11:15 AM. Body Recall is a non-aerobic lifetime fitness program, led by a certified instructor, which is safe and possible for everyone to achieve success. Call the Senior Health Office at Mary Immaculate Hospital at (757) 886-6464 for class information.

Dining Club - Want to meet new people, have fun and enjoy a mid-day meal? Sign-up for the Dining Club, that meets at the Senior Center on Tuesday, Wednesday, and Friday from 10:00 AM to 1:30 PM. Participants can exercise with Senior-cise instructor, Sabine Huffman, every Tuesday from 12:45 PM to 1:30 AM. In addition participants can take advantage of regular scheduled health programs, Bingo, cultural and birthday events, and other activities at the Senior Center. Participants must be age 60 or over and register with the Peninsula Agency on Aging by calling 873-0541.



Knitting and Crocheting Class - Like to add a new scarf or sweater to your wardrobe or a warm afghan for your bed? Then learn a new craft at our knitting and crocheting class on Mondays from 1:00 to 3:00 PM. For more details, call the Center at 898-3807.

Art Class – Will meet each Tuesday, from 1:00 to 4:00 PM. Come by and enroll in a class that fits your technique and interest.

Ceramics Classes - Will meet Tuesdays, from 9:00 AM to 12:00 PM. Debbie Reed will be the instructor. Come by and try your hand. Classes will be fun and the projects make great gifts and treasures for your home.



Blood Pressure Checks – The Fire Department – Grafton Station - will be providing blood pressure checks at the Senior Center on Wednesdays, 12:30 to

1:30 PM. Fire Department emergencies will take priority. Recommend calling ahead to let the Center staff be aware of your coming for this service. As a reminder, you can have your blood pressure taken at any Fire Station.

Home Delivered Meals Program – The York County Meals-On-Wheels program serves persons who are homebound and unable to obtain adequate nutrition. To participate call the York County Coordinator at 898-4252.

Help Wanted – Volunteer Instructors & Assistants needed for Computer Classes. Share your basic knowledge of computers, software, and the Internet with senior citizens at the Senior Center of York. Instructors and assistant instructors are needed to teach seniors the basics of the Windows Operating System, Outlook Express and Internet Explorer. Classes are limited to 10 workstations and are all based on interactive tutorials. The instructor acts as a facilitator as students go through the tutorials. Previous instructor experience is not required. For more information contact Millie Russinko, Senior Center of York Board, at 872-0697 or 898-3807.

The **Center will be closed on Monday, July 5th**, Independence Day.

The **Breakfast Club** will not meet in July.

The **July Birthday Bash** will be postponed until August.



County of York
Special Programs
P.O. Box 532
Yorktown, VA 23690

Return Service Requested








Bulk Rate
US Postage
PAID
Yorktown, VA
Permit No. 22



July 2004







The following calendar lists the ongoing activities offered to Senior Citizens in the local area. Activities and times are subject to change. For current information on classes, special events, trips, etc, call 898-3807. The Center is open Monday-Friday, from 9:00 AM. to 4:30 PM. The Center is closed during all County Holidays. For further information, visit our website at www.yorkcounty.gov/comser/srcenter/center.htm

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Celebrate Independence Party</i> Friday, July 2—11:00AM—2:00 PM <i>Hotdogs, hamburgers, punch, and more will be provided at the Center. Participants are encouraged to bring a dessert or salad to share with others. Registration closed June 28th. Please call the Center to see if there are any available spaces.</i></p>		 <p><i>The Breakfast Club will not meet in July.</i> <i>The July Birthday Bash will be postponed until August.</i></p>	<p>July 1 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO</p>	<p>July 2 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 11:00-2:00 "CELEBRATE INDEPENDENCE PARTY" 1:00-2:00 ADV LINE DANCING</p> 
<p>July 5</p>  <p>SENIOR CENTER CLOSED FOR INDEPENDENCE DAY</p>	<p>July 6 9:00-12:00 CERAMICS 10:00-1:30 DINING CLUB 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV LINE DANCING 1:00-4:00 ART CLASSES</p>	<p>July 7 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 12:30-1:30 BLOOD PRESSURE CHK 1:00-4:00 BRIDGE 1:00-4:00 CANASTA GROUP</p>	<p>July 8 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO</p> 	<p>July 9 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 1:00-2:00 ADV LINE DANCING</p>
<p>July 12 8:45-12:15 BODY RECALL 9:15-12:00 CRAFTS UNLIMITED 1:00-3:00 KNITTING & CROCHETING</p>	<p>July 13 9:00-12:00 CERAMICS 10:00-1:30 DINING CLUB 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV LINE DANCING 1:00-4:00 ART CLASSES</p> 	<p>July 14 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 12:30-1:30 BLOOD PRESSURE CHK 1:00-4:00 BRIDGE 1:00-4:00 CANASTA GROUP</p>	<p>July 15 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO</p>	<p>July 16 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 1:00-2:00 ADV LINE DANCING</p> 



July 2004



Monday	Tuesday	Wednesday	Thursday	Friday
July 19 8:45-12:15 BODY RECALL 9:15-12:00 CRAFTS UNLIMITED 12:45-4:45 AARP DRIVER SAFETY 1:00-3:00 KNITTING & CROCHETING 	July 20 9:00-12:00 CERAMICS 10:00-1:30 DINING CLUB 12:30-4:30 AARP DRIVER SAFETY 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV LINE DANCING 1:00-4:00 ART CLASSES	July 21 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 12:30-1:30 BLOOD PRESSURE CHK 1:00 CULTURAL DAY 1:00-4:00 BRIDGE 1:00-4:00 CANASTA GROUP	July 22 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO 	July 23 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 1:00-2:00 ADV LINE DANCING
July 26 8:45-12:15 BODY RECALL 9:15-12:00 CRAFTS UNLIMITED 1:00-3:00 KNITTING & CROCHETING	July 27 9:00-12:00 CERAMICS 10:00-1:30 DINING CLUB 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV LINE DANCING 1:00-4:00 ART CLASSES 	July 28 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 10:00-2:00 HEALTH DAY 12:30-1:30 BLOOD PRESSURE CHK 1:00-4:00 BRIDGE 1:00-4:00 CANASTA GROUP	July 29 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO	July 30 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 1:00-2:00 ADV LINE DANCING 

HEALTH CARE PROVIDERS

Free Family Medicine Clinic
 1620 Old Williamsburg Rd.
 Yorktown, VA 23690
 Phone: (757) 890-3883
 Monday 9:00—11:00 A.M.
 Thursday 5:30—8:00 PM
 Pediatrician 3rd Thursday each month

DINING CLUB

Meets Tuesday, Wednesday and Friday, from 10:00 a.m. to 1:30 p.m. Lunch is served from 11:30 a.m. to 12:30 p.m. If you are age 60 or the spouse of someone who attends, and would like to participate, call the Peninsula Agency on Aging at 873-0541 to register, for transportation or for more information.

YORK COUNTY

MEALS ON WHEELS

This program serves those who are home bound and unable to obtain adequate nutrition. If you would like to participate in this program call the York County Coordinator at 898-4252.

SENIOR CENTER

EMERGENCY / INCLEMENT WEATHER POLICY

The Center will be closed if York County Schools are: (1) Closed or (2) If there is a delayed start. Announcements of this nature will be made as appropriate over local radio and TV stations